

Student Activity

Name _____

Period _____ Date _____



Family Financial Project: Meal Planning Guide and Grocery List

Directions: Use the space below to plan all meals for one day.

All meals must be provided from home including children's lunches. All meals must include one item from the following groups (dairy, meat, fruit, vegetable, and bread). After planning your meal, make a grocery list and go shopping at a local grocery store. List the price for each item.

Breakfast Menu	Lunch Menu	Dinner Menu	Snacks